

## Get Involved Today!

You can make a difference! Make a pledge today to **TAKE ACTION!** Some ideas to get you started are listed below.

### Action for Healthy Kids

- Join Indiana Action for Healthy Kids as an active member who organizes activities, events, and strategies.
- Join Indiana Action for Healthy Kids in a leadership role.
- Join Indiana Action for Healthy Kids as a member who wants to stay informed.

### In Your Community and School

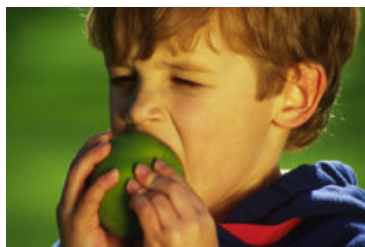
- Suggest healthy snacks wherever people gather. Offer to bring one and share the recipe.
- Ask about the food served at day care, after school care, and lessons. Encourage non-food rewards.
- Insist upon non-food fundraising. Share some creative ideas with the group.
- Call your school board member and ask them where they stand on nutrition and physical activity. Offer them relevant research and fact sheets from AFHK.
- Set up an AFHK presentation at your church, workplace or in your business group.
- Write a letter of support to your school superintendent and school board for adequate recess time, regular physical education, and/or healthy options in the vending machines.
- Call or e-mail your state and federal elected officials and show support for children's fitness and nutrition initiatives.
- Set up a time for AFHK to do a presentation for your school community council, school board, PTA, etc.
- Meet with the principal and discuss why it is important to offer healthy foods in vending machines.

Go to [www.nifs.org/afhk/inafhk.htm](http://www.nifs.org/afhk/inafhk.htm) for resources!

## For more information:

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## Indiana



Partners in building healthier children through improved nutrition and physical activity opportunities in our communities and schools.

Join forces with education and health leaders to take action for children's nutrition and physical activity.

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

[www.nifs.org/afhk/inafhk.htm](http://www.nifs.org/afhk/inafhk.htm)

## Action for Healthy Kids

Action for Healthy Kids (AFHK) is a nationwide initiative dedicated to improving the health and educational performance of children through



better nutrition and physical activity in schools. This effort represents a response to our nation's epidemic of overweight, sedentary, and undernourished children and adolescents. Healthy schools produce healthy students—and healthy students are better able to learn and achieve their true potential.

### Why now?

The incidence of childhood overweight and obesity has tripled over the past 20 years. A prevention strategy is crucial. School is a structured environment where it is possible to have a powerful influence on children's eating and activity patterns. And, schools provide equality of access to information in settings where families differ in their levels of knowledge and ability to discuss nutritional and physical activity needs.

**"Together we really can make a difference in the health of our nation's children. The stakes are too high to do nothing."**

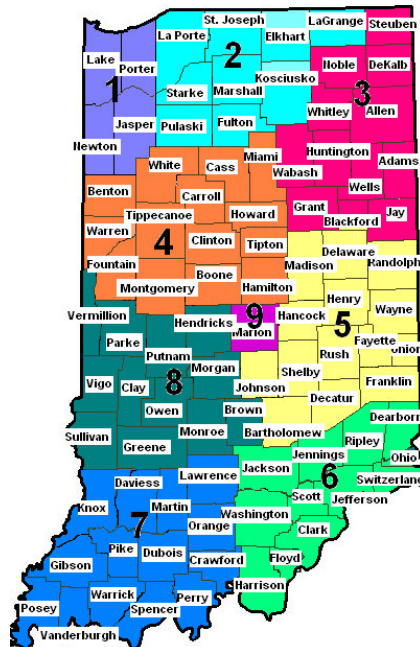
David Satcher, Former US Surgeon General and AFHK Founding Chair

## Indiana's Infrastructure

Indiana's Action for Healthy Kids infrastructure consists of three levels to foster sharing and collaboration among diverse groups to encourage and facilitate meaningful change in schools.

- The national initiative provides guidance to our mission and goals.
- Indiana's State Steering Committee consists of 15 individuals representing a diverse background in health care and education.
- Regions work at the grassroots/building level to implement healthy school environments.
- Examples of regional actions include—develop wellness teams and policies, develop and implement after-school physical activity and walking programs, and provide healthy vending tools.

### Indiana's Regional Map



## IN AFHK Call to Action

Supported by the national AFHK organization, the Indiana AFHK Team is developing and implementing action plans to:

- Improve school children's eating habits by increasing access to nutritious foods and beverages on school grounds while reducing access to those high-calorie, low-nutrient options, as well as by integrating nutrition education into the curriculum for all school children.
- Increase schoolchildren's physical activity through physical education courses, recess, the integration of physical activity into academic classes, after school, and co-curricular fitness programs.
- Educate administrators, educators, students and parents about the role of sound nutrition and physical activity in academic achievement.
- Seeks to locate and secure national, state, and local financial support to provide local assistance to support the sustainability of school initiatives.
- Provide resources for schools to empower change.

